

VK Aflossing Dagomlopen

Sint Anna Linkeroever 12.6.2022

Antwerp Orienteers

Tino NIJST

Omega

Omloop : H:Long Difficult

Afstand : 4540m

Tijd : 0:38:20 (8'27"/km)

5/10

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------------|---------|
| 1. Nikita GOLOVIZIN | 0:29:03 |
| 2. Jorran VAN DER HEIJDEN | 0:32:10 |
| 3. Jan CAPPAERT | 0:36:01 |

1.	78	00:02:17		288m	7'56"/km
2.	52	00:01:01	00:03:18	162m	6'17"/km
3.	79	00:01:43	00:05:01	160m	10'44"/km
4.	51	00:00:37	00:05:38	95m	6'29"/km
5.	50	00:00:21	00:05:59	46m	7'37"/km
6.	54	00:04:08	00:10:07	518m	7'59"/km
7.	33	00:00:26	00:10:33	60m	7'13"/km
8.	34	00:00:37	00:11:10	80m	7'43"/km
9.	35	00:00:17	00:11:27	37m	7'39"/km
10.	59	00:02:03	00:13:30	243m	8'26"/km
11.	58	00:00:23	00:13:53	38m	10'05"/km
12.	38	00:01:17	00:15:10	117m	10'58"/km
13.	74	00:00:51	00:16:01	125m	6'48"/km
14.	47	00:00:37	00:16:38	95m	6'29"/km
15.	40	00:00:32	00:17:10	73m	7'18"/km
16.	46	00:02:12	00:19:22	155m	14'12"/km
17.	66	00:02:44	00:22:06	326m	8'23"/km
18.	45	00:02:16	00:24:22	231m	9'49"/km
19.	71	00:01:09	00:25:31	146m	7'53"/km
20.	68	00:00:33	00:26:04	72m	7'38"/km
21.	67	00:01:55	00:27:59	251m	7'38"/km
22.	64	00:03:05	00:31:04	192m	16'04"/km
23.	72	00:00:57	00:32:01	114m	8'20"/km
24.	44	00:00:38	00:32:39	58m	10'55"/km
25.	39	00:00:56	00:33:35	136m	6'52"/km
26.	42	00:00:34	00:34:09	82m	6'55"/km
27.	85	00:00:30	00:34:39	68m	7'21"/km
28.	62	00:01:12	00:35:51	177m	6'47"/km
29.	77	00:00:58	00:36:49	142m	6'48"/km
30.	49	00:00:50	00:37:39	125m	6'40"/km
31.	57	00:00:28	00:38:07	81m	5'46"/km
32.	999	00:00:13	00:38:20	47m	4'37"/km